

## The NEW School Breakfast Meal Patterns



Samia Hamdan, MPH, RDN  
USDA Food and Nutrition Service  
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## Schools Provide an Excellent Opportunity for Instilling Healthy Habits



## School Meal Pattern Changes

- Based on recommendations from expert panel of the Institute of Medicine set forth in *School Meals Building Blocks for Healthy Children* report
- Intention for the changes:
  - Align with the most current *Dietary Guidelines for Americans*
  - Provide nutrient-dense meals
  - Increase availability of fruits, variety of vegetables, whole grains and fat-free and low-fat fluid milk
  - Reduce levels of sodium, saturated fat and trans fat
  - Provide nutrients within calorie requirements



## Institute of Medicine Panel

- Assessed information for the *School Nutrition Dietary Assessment Study III* and the *Diet Quality of American School-Age Children by School Lunch Participation Status*
  - Intake of dark green and orange vegetables and whole grains was very low among all ages
  - Total vegetable intake was only 40% of recommended amounts for all ages
  - Total fruit intake did not meet recommended amounts; over half was from juice
  - Total consumption of solid fats and added sugars was much higher than recommended

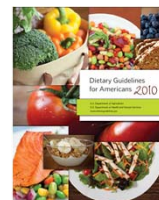
## Food-Based Menu Planning Approach

- All schools required to use a single food-based menu planning approach
- Intention:
  - Simplify menu planning
  - Serve as an educational tool to help children choose a balanced meal
  - Ensure access to key food groups recommended by the Dietary Guidelines



## Key Food Groups

- Whole grains
- Fruits
- Variety of vegetables
- Low-fat and skim milk products
- Lean protein sources
- Within calorie needs



## Overview

- Meal pattern overview & timeline
- Age/grade groups
- Meal pattern components in SY 2013/14
  - Fruits/Vegetables
  - Grains (meat/meat alternate)
  - Milk
- Calories
- OVS
- Miscellaneous

## School Breakfast Program

	Old	New
Fruit	½ cup per day	1 cup per day
Grains and Meat/Meat Alternate (M/MA)	2 grains OR 2 M/MA or combination of each	Weekly range: K-5: 7-10 oz eq 6-8: 8-10 oz eq 9-12: 9-10 oz eq  Meat/Meat Alternate optional
Whole Grains	Encouraged	At least half the grains must be whole grain rich (SY 14-15 all grains must be WGR)
Milk	1 cup, variety of fat content	1 cup, fat content 1% or less, variety of milks

## SBP Changes Effective SY 2012-2013

- Offer choices to include *only* fat-free (flavored or unflavored) and low-fat (unflavored) milk
- Saturated fat limit <10% calories



## SBP Changes Effective SY 2013-2014

- Half of weekly grains must be whole grain-rich
- Minimum weekly grain requirement\*
  - \*Maximum was lifted for SY 2013-14, per memo SP 26-2013
- Calorie ranges
- Zero grams of *trans* fat per portion
- A single Food-Based Menu Planning approach
- Establish age/grade groups: K-5, 6-8 and 9-12
- 3-year administrative review cycle includes SBP
- States conduct weighted nutrient analysis on one week of menus

## SBP Changes Effective SY 2014-2015

- Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit must be met
- Under OVS, meals selected by students must contain a fruit (or vegetable if using substitution)

## Additional Future SBP Changes

- SY 2017-2018
  - Target 2 sodium restriction
- SY 2022-2023
  - Final Target sodium restriction



## Age/Grade Groups

- Three age/grade groups for planning breakfasts
  - K-5
  - 6-8
  - 9-12
- Flexibility in menu planning at breakfast
  - All three grade group requirements overlap at breakfast
  - A single menu can be used for K-12
    - ½ cup of fruit
    - 1 cup of milk
    - 9 oz eq weekly of grains (minimum)
    - 450-500 Calories

## Dietary Specifications

Must be met starting in SY 13-14

	K - 5	6 - 8	9 - 12
Calories	350 - 500	400 - 500	450 - 600
Saturated Fat	<10%	<10%	<10%
Trans fat	.5 g or less per portion	.5 g or less per portion	.5 g or less per portion

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## Trans Fat

- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
- Naturally-occurring trans fat excluded
  - e.g. beef, lamb, dairy products
- Mixed dishes
  - e.g. beef and bean burritos



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## Fruits Component

- Must offer at least ½ cup of fruit (or vegetables) daily
- No maximum limit on fruit/vegetable quantities
- Fresh, frozen, canned, 100% juice, and dried forms allowed



## Fruits Component

- Schools may offer a:
  - Single fruit type
  - Single vegetable
  - Combination of fruits
  - Combination of vegetables
  - Combination of fruits and vegetables



## Fruits Component in SY 2014-15

- Student must take ½ cup of fruit (or vegetable)
- Juice offerings cannot exceed 50% of the total fruit offerings
- Frozen fruit with added sugar will no longer be allowed
- Vegetable substitution limit applies
  - First two substitutions of fruit for vegetables must be from non-starchy vegetable subgroups

## Dark green and red/orange vegetables

- Red/Orange
  - acorn squash
  - butternut squash
  - carrots
  - hubbard squash
  - pumpkin
  - sweet potatoes
  - Tomatoes
  - tomato juice
  - red peppers
- Dark Green
  - bok choy
  - broccoli
  - collard greens
  - dark green leafy lettuce
  - kale
  - mesclun
  - mustard greens
  - romaine lettuce
  - spinach
  - turnip greens
  - watercress



## Dry Beans and Peas

- black beans
- black-eyed peas
- edamame
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- lima beans (mature)
- navy beans
- pinto beans
- soy beans
- split peas
- white beans



## “Other” Vegetables

- Celery
- Cabbage
- Mushrooms
- Green peppers
- Onions
- Cucumbers
- Many more!



## Starchy Vegetables

- White Potatoes
- Corn
- Green Peas
- Lima beans
- Fresh peas and beans
- Jicama
- More



## How Do Fruit Smoothies Credit?

- Fruit smoothies prepared in-house may credit toward both the fruit and milk components
- Commercial products may only credit toward fruit component
- Offering smoothies at breakfast and lunch on the same day is discouraged
- Refer to memo SP 36-2012, released 7/11/12



## Grains Component

- Schools must offer at least 1 oz eq daily
- Grains offered over the course of the week must meet the weekly minimum:

Grades	Daily Minimum Requirement Offered*	Weekly Requirement Offered*
K-5	1 ounce equivalent	7-10 ounce equivalents
6-8	1 ounce equivalent	8-10 ounce equivalents
9-12	1 ounce equivalent	9-10 ounce equivalents

## Grains Component: Flexibility

- Weekly calorie ranges are in effect
- Trans fat and saturated fat also apply



## Flexibility on Weekly Grain Maximums

- Schools will be considered compliant if meeting weekly minimum
  - Maximums will *not* be assessed through SY 13-14
- Flexibility allows:
  - More time for the development of food products that fit the NSLP meal pattern
  - More menu options for meal planners and students
  - More time for students to adjust to meal pattern changes

## Grains: Updated Minimum Serving Sizes Criteria

All grain products must be credited based on the 16 g per ounce equivalent (oz eq) standards beginning July 1, 2013 as addressed in the Grain Requirements for the National School Lunch Program and School Breakfast Program (SP30-2012)



## Ounce Equivalent Standards

- Grain products must be credited using the oz eq method
- Baked goods - 16 grams of creditable grain to provide 1 oz eq credit
    - Breads
    - Biscuits
    - Bagels
  - Cereal grains - 28 grams (approximately 1.0 ounce by weight) of dry product, the cooked volume equivalent is ½ cup cooked
    - Oatmeal
    - Pasta
    - Brown rice
  - Ready-to-eat cereal - 28 grams OR 1.0 ounce of product is considered an ounce equivalent
    - 1 cup of flakes or rounds
    - 1 ½ cups puffed cereal
    - ½ cup granola

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## Whole Grain-Rich Foods

- In SY 2013-14, half of the grains offered must be whole grain-rich (WGR)
- All grains must be WGR by SY 2014-15
- Increasing availability commercially
  - USDA Foods offers WGR flour, oats, pancakes, tortillas, and rice
  - Traditional grits okay in SY 2013-14 as long as other grains offered are whole grain-rich



## Grain-based Desserts

- Grain-based dessert limit does not apply at breakfast
- Formulated grain-fruit products no longer credit for fruit
- Sugar in grain items is allowed
  - Some grain products can *only* be served as desserts in lunch and are not allowable in breakfast (brownies, cake, cookies).
    - Superscript 3 on Exhibit A of the Grains Instruction
- Grain-based desserts are a source of fats and added sugars
- Perception is part of the menu planning process

Group E

GROUP D	OZ EQ FOR GROUP D
• Doughnuts (cake and yeast raised, unfrosted)	1 oz eq = 15 gm or 2.0 oz
• Cereal bars, breakfast bars, granola bars <sup>1</sup>	3.4 oz eq = 42 gm or 1.5 oz
• Muffins (all, except corn)	1.2 oz eq = 28 gm or 1.0 oz
• Sweet roll (unfrosted)	1.4 oz eq = 18 gm or 0.5 oz
• Toasted panini <sup>2</sup> (unfrosted)	
GROUP E	OZ EQ FOR GROUP E
• Cereal bars, breakfast bars, granola bars <sup>1</sup> (with nuts, dried fruit, and/or chocolate pieces)	1 oz eq = 42 gm or 1.5 oz
• Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit pieces)	3.4 oz eq = 42 gm or 1.5 oz
• Doughnuts (cake and yeast raised, frosted or glazed)	1.2 oz eq = 28 gm or 1.0 oz
• French toast	1.4 oz eq = 18 gm or 0.5 oz
• Sweet rolls (frosted)	
• Toasted panini <sup>2</sup> (frosted)	
GROUP F	OZ EQ FOR GROUP F
• Cake (glazed, unfrosted)	1 oz eq = 42 gm or 1.5 oz
• Coffee cake	3.4 oz eq = 42 gm or 1.5 oz
	1.2 oz eq = 28 gm or 1.0 oz
	1.4 oz eq = 18 gm or 0.5 oz
GROUP G	OZ EQ FOR GROUP G
• Biscuits (glazed)	1 oz eq = 12 gm or 0.4 oz
• Cake <sup>4</sup> (all varieties, frosted)	3.4 oz eq = 42 gm or 1.5 oz
	1.2 oz eq = 28 gm or 1.0 oz
	1.4 oz eq = 18 gm or 0.5 oz
GROUP H	OZ EQ FOR GROUP H
• Cereal grains (barley, quinoa, etc)	1 oz eq = 1.2 cup cooked or 1 ounce (28 g) dry
• Breakfast cereals (cooked) <sup>5</sup>	
• Bulgur or cracked wheat	
• Macaroni (all varieties)	
• Noodles (all varieties)	
• Pasta (all shapes)	
• Potatoes (mashed only)	
• Rice (cooked white or brown)	
GROUP I	OZ EQ FOR GROUP I
• Ready-to-eat breakfast cereal (cold, dry) <sup>1, 5</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1.5 cup or 1 ounce for granola

<sup>1</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP, and meals served to children ages 6 through 18 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.  
<sup>2</sup> Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

## Ready-to-eat Breakfast Cereal

- A ready-to-eat breakfast cereal **must be fortified** to meet program requirements
- 100% whole grain cereals do not need to be fortified
- Check cereal products for an ingredient statement on the side or back of the box
- Ingredients:
  - Wheat bran, sugar, psyllium seed husk, oat fiber, contains 2% or less of salt, baking soda, caramel color, annatto color, BHT for freshness. **Vitamins and Minerals:** Vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride)....etc.

## Optional Meat/Meat Alternates

- New SBP meal pattern does not require a meat/meat alternate
- Schools that wish to offer a meat/meat alternate at breakfast have two options:
  - Offer meat/meat alternate in place of grains
  - Offer a meat/meat alternate as an **extra**



## Meat/Meat Alternate In Place of Grains

- When offering Meat/Meat alternate in place of grains:
  - Must also offer at least 1 oz eq of grains daily
  - Must count the meat/meat alternate toward the weekly grains range and the weekly dietary specifications (calories, sat fat, trans fat, and sodium)
  - Must count as "item" in OVS

## Meat/Meat Alternate in Place of Grains

- Whole grain-rich requirement will only apply to grains, not meat/meat alternates
- For example, if offering:
  - 6 oz eq grains + 3 oz eq meat/meat alternates
  - then**
  - Only 50% of the 6 oz grains must be whole-grain rich (3 oz eq)

## Meat/Meat Alternates as Extras

- Must offer at least 1 oz eq of grains daily
- Does not count toward the weekly minimums
- Does not count as "item" under OVS
- Must be counted as part of weekly dietary specifications



## Offer vs Serve



## OVS: Components vs. Items

- **Component:** One of the **3 food groups** that comprise a reimbursable breakfast and that must be offered:
  - 1 cup of milk
  - 1 oz eq of grains
  - Meat/meat alternates (optional)
  - ½ cup of fruit (or veg)\*
- **Item:** Specific food offered within the 3 components:
  - If no OVS, must offer at least 3 food items
  - If operating OVS, must offer at least **4 food items** at breakfast
- Students must **take** at least 3 items at breakfast
- Students are not required to take ½ cup of fruit until SY 14-15

## OVS: Choices vs Items

- **Items** are the minimum a child can take
- **Choices** give students options to choose from different items
  - Grain item: toast, bagel, cereal
  - Milk item: choc skim, unflavored skim
  - F/V item: hash browns, oranges, apple juice
- Menu planner decides how many “items” make up a reimbursable meal, while having flexibility to still offer choices within those items

## Example: Choices vs Items

- Menu = 1 milk, 1 slice toast, 2 fruit items
  - Fruit choices = ½ cup orange juice, ½ cup oranges, ½ cup apple, ½ cup peaches
  - Student could take 1 milk, 1 toast, and ½ cup oranges
  - Student would not be required to take 3 out of 4 fruit choices!
  - Menu planners can still **offer choices**, but decide how many **items** a student can take

## OVS - Grains

- Menu planner can offer grains component as one or more items
- Example: A large muffin (2 oz eq) can count as **1 or 2** items
  - If it counts as 1 item, students must select 2 more items
  - If it counts as 2 items, student must select 1 more item
- Examples:
  - School offers 2 oz eq muffin as 2 items + ½ cup apples + milk
    - Student can decline milk or apples, but not the muffin

## Menu Example

Menu with five food items:	
Whole grain-rich muffin (2 oz eq grain)	[2 grain items]
AND	
Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Orange slices (½ cup fruit)	[1 fruit/vegetable item]
Variety of milk (1 cup)	[1 milk item]

### Reimbursable meal examples:

- Whole grain rich muffin, orange slices
- Whole grain rich muffin, milk
- Whole grain rich cereal, orange slices, milk

## OVS - Grains

- Allowing students to take duplicate items
  - If a menu planner offers two different 1 oz eq grain items at breakfast, a student *may* be allowed to take two of the same grain and count it as two items
  - Menu planner has the discretion to allow duplicates
  - Variety is encouraged



## Menu Example

Menu with four food items:

Slice of toast (1 oz eq grain)	[1 grain item]
Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Orange slices (½ cup fruit)	[1 fruit/vegetable item]
Variety of milk (1 cup)	[1 milk item]

### Reimbursable meal examples:

- 2 slices of toast, orange slices
- 2 cereals, milk
- Toast, cereal, orange slices

## OVS – Grains

- Grains and meat/meat alternate combinations
  - When counting the meat/meat alternate as a grain, a combo would count as 2 food items
    - Example: egg sandwich = 1 oz eq of grains + 1 oz eq of m/ma counting as grains = 2 food items
  - If not counting a meat/meat alternate toward the grains component, the combo counts as one food item
    - Three additional items must be offered to have OVS
    - Student may decline the combination
    - Example: egg sandwich = 1 oz eq of grains and 1 oz eq of m/ma not counting as grains (extra) = 1 food item

## Menu Example

Menu with four food items:

Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Hard-boiled egg (1 oz eq credited as grain)	[1 grain item]
Orange slices (½ cup fruit)	[1 fruit/vegetable item]
Variety of milk (1 cup)	[1 milk item]

### Reimbursable meal examples:

- Egg, cereal, oranges
- Egg, oranges, milk
- Cereal, oranges, milk

## Menu Example

Menu with 4 food items with m/ma offered as an additional food:

Slice of toast (1 oz eq grain)	[1 grain item]
Hard-boiled egg	("additional" food)
Orange slices (½ cup fruit)	[1 fruit/vegetable item]
Apple juice (½ cup fruit)	[1 fruit/vegetable item]
Variety of milk (1 cup)	[1 milk item]

- Egg does not count as item and serves an extra
- Must take 3 out of the 4 items (toast, orange slices, apple juice, milk)

## OVS - Fruit

- Fruit and vegetables are one component in 13-14
- ½ cup daily minimum must be offered
- Menu planner can offer fruit as multiple items and/or in various portion sizes to total ½ cup
  - Example: student may take two ¼ cup servings of fruit to equal ½ cup item
- Minimum amount that may be credited towards the fruit/vegetable component is 1/8 cup



## Menu Example – Multiple Items

### Menu with five food items:

- |                      |                 |                          |
|----------------------|-----------------|--------------------------|
| • Slice of toast     | (1 oz eq grain) | [1 grain item]           |
| • Whole grain cereal | (1 oz eq grain) | [1 grain item]           |
| • Tomato juice       | (½ cup fruit)   | [1 fruit/vegetable item] |
| • Apple slices       | (½ cup fruit)   | [1 fruit/vegetable item] |
| • Variety of milk    | (1 cup)         | [1 milk item]            |

### Reimbursable meal examples

- Toast, cereal, tomato juice, apple slices
- Toast, tomato juice, apple slices
- Milk, toast, apple slices

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## Menu Example – Various Portion Sizes

### Breakfast food items containing fruits and/or vegetables:

- Egg frittata (with ¼ cup vegetable)
- 8 oz 100% orange juice (1 cup fruit)
- Mango/Black Bean Salsa (½ cup fruit/vegetable combo)
- Diced pineapple (½ cup fruit)
- Apple slices (½ cup fruit)

May offer different ¼ cup servings of fruits and or vegetables that may be selected to meet the ½ cup requirement

## OVS – Menu Planning

- Menu: Grain, milk, two fruit items
  - Choice of fruit: ½ cup OJ, ½ cup apples, ½ cup grapes, ½ cup grape juice
- Child could select milk, ½ cup OJ, and ½ cup grape juice – but is it the best menu planning option?

## Summary of OVS Changes

Function	Before HHFKA*	After HHFKA
Implementation of OVS	Optional at all levels	No Change
Reimbursable Meals		
Number of Food Components/Food Items	Reimbursable breakfasts must offer three or four components in four food items	Three components in four food items
Required number of selections for OVS	One food item may be declined	Student must select at least three food items
OVS and fruit and vegetable food components/food items	One component (juice, fruit, vegetable); one food item offered  For OVS, no requirement to select the component	Beginning in School Year 2014-2015, one selection must be at least ½ cup of fruit  For School Year 2013-2014, no change  Beginning in School Year 2014-2015: component is fruit and for OVS, one selection must be at least ½ cup of fruit
Extra foods offered	Not credited for OVS	No change
Double servings of components/food items	Allowed for only grains and meat/meat alternate component	Allowed for fruit component and for grains component and credited meat/meat alternate when substituted for grains

## Training and Signage

- Schools must identify food items that constitute a reimbursable meal at or near beginning of line
- Staff at the Point of Service must be trained on what constitutes a reimbursable meal:
  - Example: Knowing if duplicate items are allowed
  - Example: Recognizing appropriate serving sizes



## Pre-plating/Bundling/Grab N' Go

- Remember – OVS is not required at breakfast
- Pre-plating/bundling is allowed
- Encouraged to offer choices to the best extent possible
- Encourage breakfast in the classroom and grab n' go breakfast kiosks

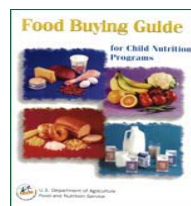


## Technical Assistance Resources

- **NEW!** SP 28-2013v2: *Questions & Answers on the School Breakfast Program Meal Pattern in School Year 2013-14*
- **NEW!** SP 45-2013: *Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program*
- SP 10-2013: Q and As on "Nutrition Standards in the National School Lunch and School Breakfast Programs"
- SP 30-2012: *Grain Requirements for the National School Lunch & School Breakfast Programs*

## Updates to the Food Buying Guide for Child Nutrition Programs

- To reflect new meal pattern regulations, including meal components and crediting changes



## Updates to the Food Buying Guide for Child Nutrition Programs

- **Vegetable Subgroups**
  - Beans and Peas
  - Dark Green
  - Red/Orange
  - Starchy
  - Other
- **Dried fruit**
  - Credits as **twice** the volume served
  - Raisins
  - Dried cranberries

[www.fns.usda.gov/tn/Resources/foodbuyingguide.html](http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html)

## Updates to the Food Buying Guide for Child Nutrition Programs

- **Meat/Meat Alternates (New Items)**
  - Beans, Soy, fresh (Edamame) *Shelled*;
  - Beans, Soy, fresh (Edamame) *Whole In shell*;
  - Tofu, Commercially-prepared; and
  - Yogurt, Soy, Plain or Flavored, Sweetened or Unsweetened, Commercially prepared.

[www.fns.usda.gov/tn/Resources/foodbuyingguide.html](http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html)

## Technical Assistance Resources

- FNS New Meal Pattern website (<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>)
  - Timeline
  - Powerpoint presentations for training
- Best Practices Sharing Center
  - SFAs and States can share resources and tools they use to serve healthy menus that meet the new school meal regulations by uploading information to this site
  - <http://healthymeals.nal.usda.gov/bestpractices>

## Healthier Kansas Breakfast Cycle Menu

[http://www.kan-eat.org/SNP/SNP\\_Menus/SNP\\_Resources/Healthier\\_Kansas\\_Menus/Breakfast.htm](http://www.kan-eat.org/SNP/SNP_Menus/SNP_Resources/Healthier_Kansas_Menus/Breakfast.htm)

### Menus for the Week

PLEASE NOTE:  
Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
					K-12	Target
Alfalfa Muffin Squares	Star Spangled	Whole Wheat Bagel	Breakfast Pita	Breakfast Lasagna	Calories	557
Whole Grain Cereal	Pancakes	with Toppings	with Tomato Salsa	Fruit Cocktail	Cholesterol (mg)	35
Grapes	Sausage Links	Fresh Orange	Hash Brown	Milk Choice	Sodium (mg)	304
Milk Choice	Fruit Juice Choice	Milk Choice	Potatoes		Fiber (g)	6.48
			Kiwi		Iron (mg)	3.95
			Milk Choice		Calcium (mg)	548.3
					Vitamin A (IU)	1032
					Vitamin C (mg)	50.22
					Protein (g)	21.46
					Carbohydrate (g)	87.02
					Total Fat (g)	13.02
					Saturated Fat (g)	3.18





Thank You